



I
Borough of Appleby

ANNUAL REPORT

OF THE

Medical Officer of Health

FOR THE YEAR

1972

Stricklandgate House, P.O. Box 18, Kendal

Telephone Number: Kendal 23502

KENDAL

TITUS WILSON & SON LTD.

1973

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NATURAL AND SOCIAL CONDITIONS OF THE DISTRICT.

Area of the Borough (in acres)	1,877
Population at 1971 Census	1,949
Population (Registrar-General's mid year estimate)				2,020
Inhabited Houses	834
Rateable Value	£77,724
Product of a Penny Rate	£770
Rate in the Pound levied in 1971/72		86.5-97p
of which the County Rate was	59p

The ancient Borough of Appleby is the County Town of Westmorland, and lies on a beautiful winding reach of the River Eden beneath the long escarpment of the Pennine Range. The Town clusters compactly on the rising ground of the river banks and is dominated by the historic Castle. It is a small market town which mainly serves the surrounding farming countryside, but on one side the main trunk highway follows the old Roman road which passes over into north-east England. These geographical features determine the natural lines of communication and therefore influence the spread of infectious diseases.

The geology of the Borough is mainly Penrith sandstone in the Permian System but in the northern portion there are some purple sandstones and shales in the Millstone Grit series of the Carboniferous System, with alluvial deposits and terraces along the river, and some glacial drift. These geological characteristics are of great significance in the supervision of water supplies and sewerage as well as affecting the economics of the Borough.

The climate is equable and the town is well sheltered from the prevailing winds. The air is generally very clear and there is little mist or fog. The rainfall varies between 30 and 40 inches a year, and snow may be expected for one or two weeks in the late winter.

The Borough is primarily a market town in character and many of the small industries and crafts are ancillary to agriculture. In addition to these local industries the Borough receives seasonal tourist and business traffic from the Trunk Road. The variety of these local opportunities for employment has kept Appleby happily free from unemployment and has provided that economic security which is a most important factor in the maintenance of the public health.

STAFF.

Name.	Qualifications.	Office.	Whole or Part-time.	Other Offices.
F. T. Madge.	M.D., Ch.B., M.R.C.S., L.R.C.P., D.P.H.	Medical Officer of Health.	Part.	M.O.H. Combined County Districts of Westmorland
D. Hughes.	M.A.P.H.I.	Public Health Inspector	Part.	Building Surveyor
B. M. Machell.	—	Clerk to Medical Officer of Health.	Part.	Clerk to M.O.H. Combined County Districts of Westmorland

VITAL STATISTICS.

The following extracts are made from information supplied by the Registrar-General, with figures for last year for comparison.

Area of the Borough in acres 1,877

	1971	1972
Estimated civilian population (mid year) ..	1,950	2,020
Live Births. Legitimate—		
males	14	17
females ..	10	11
Illegitimate—		
males	3	1
females ..	—	—
Total	27	29
Crude Rate per 1,000 population	13·8	14·4
Corrected Rate per 1,000 population	14·9	15·6
Birth Rate for England and Wales	16·0	14·8
Illegitimate Birth Rate per 1,000 live births	111	34
Still Births. Legitimate—		
males	—	—
females ..	—	1
Illegitimate—		
males	—	—
females ..	—	—
Total	—	1
Total (live and still) births ..	27	30
Rate per 1,000 total (live and still) births	—	33
Rate for England and Wales ..	12	12
Deaths.		
males	11	12
females	10	23
Total	21	35
Crude Rate per 1,000 population	10·8	17·3
Corrected Rate per 1,000 population	12·6	12·6
Rate for England and Wales ..	11·6	12·1

	1971	1972
Infantile Deaths (under 1 year)		
Total deaths under 1 year ..	—	—
Rate per 1,000 live births ..	—	—
Rate for England and Wales ..	18	17
Legitimate	—	—
Rate per 1,000 legitimate live births	—	—
Illegitimate	—	—
Rate per 1,000 illegitimate live births	—	—
Neonatal Deaths (under 4 weeks)		
Total neonatal deaths	—	—
Rate per 1,000 live births ..	—	—
Rate for England and Wales ..	12	12
Early Neonatal Deaths (under 1 week)		
Total early neonatal deaths ..	—	—
Rate per 1,000 live births ..	—	—
Rate for England and Wales ..	10	10
Perinatal Mortality		
Still births and deaths under 1 week	—	1
Rate per 1,000 total (live and still) births	—	33
Rate for England and Wales ..	22	22
Maternal Mortality		
Total Deaths	—	—
Rate per 1,000 total (live and still) births	—	—
Rate for England and Wales ..	0·17	0·15

Deaths from certain causes:—							1971	1972
Cancer	Nil	3
Measles	Nil	Nil
Whooping Cough			Nil	Nil

The main causes of Death were:—

Heart Disease	11
Cerebrovascular Disease			10

PREVALENCE AND CONTROL OF INFECTIOUS AND OTHER DISEASES.

The general incidence of illness can be assessed by the weekly number of new claims for sickness benefit at our local National Insurance Office. A logarithmic graph of these figures shows a regular seasonal pattern over the years, and any variations are usually worth investigating. The general level is some measure of the local community health.

I am most grateful to my colleagues in general practice, and in the hospital services, for their prompt help in notifying infectious diseases. The control of the more serious of these illnesses is one of the most important duties of our department.

1972 was a good year. Only one notification was received.

Immunisation against measles is still too recent to assess its results in our own locality. But we are hoping that it will eventually be as successful as the other immunisations against diphtheria, whooping cough, tetanus, smallpox, poliomyelitis and tuberculosis.

The number of tuberculosis patients on the register at the year end were:—

		1971.	1972.
Respiratory	..	4	3
Non-Respiratory	..	1	—
		—	—
		5	3
		—	—

Hospital and Ambulance Arrangements for Infectious Diseases.

The Regional Hospital Board provides an infectious diseases hospital at Carlisle to serve the area, and ambulance transport is provided by the County Council. Disinfection of premises is carried out by your public health inspector.

NOTIFIABLE DISEASES TABLE.

DISEASE	Total	Ages											Admitted to Hospital	Deaths
		-1	1-	2-	3-	4-	5-	10-	15-	20-	35-	45-		
Measles	1	-	-	-	-	-	1	-	-	-	-	-	-	-
TOTAL	1	-	-	-	-	-	1	-	-	-	-	-	-	-

HOUSING.

There are 834 inhabited houses in the Borough and an average of 2·4 persons per house: that is a low figure which reflects very little overcrowding even in the smaller houses.

Between the end of the war in 1945 and the 31st December of this current year, your Council have built 104 new houses, private enterprise have completed 231 new houses, plus a further 30 extra dwelling units by conversions and subdivision of existing premises.

Most of this very creditable achievement has been accelerated during the past couple of years, with a new house building boom by both your Council and private enterprise. It is particularly encouraging to see it meeting so many varied social needs. The choice of Appleby for building the new homes of industrial workers and our expanding local population brings a rejuvenating vital stimulus into our ancient town.

Yet the mellow charm of Appleby remains fascinatingly attractive to the steady flow of people who come here in retirement, and so the building of new bungalows is helping to meet their needs.

In later life the local provision of warden assisted group-housing precincts, and the recently built old people's home, enable our elderly folk to continue living near their families and friends, instead of being sent away to distant parts: a much nicer idea to stay in Appleby.

Housing Management.

Your Council now own 144 houses. Tenants are chosen by a method which combines both points system and personal selection.

The rateable value of your Council houses range from £36 to £66 and the rents are between £2·33 and £5·70 per week.

Substandard Houses.

Your Council have made good progress during the past couple of decades, in dealing with substandard houses: either by formal action under the slum clearance clauses of the Housing Acts, or by informal co-operation with the owners.

Now the emphasis has shifted to the improvement of houses which are good enough to be saved for many years ahead.

For record purposes and statutory returns, the following sub paragraphs relate to formal actions during the year.

Closing Orders.

Housing Act, 1957. Section 18.

No closing orders were made during the year. There are no closing orders on your register of local land charges.

Undertakings not to use for habitation.

Housing Act, 1957. Section 16.

No formal undertaking not to use premises for human habitation was received during the year. There are 5 such undertakings on your register of local land charges. None of these houses are still occupied.

Undertakings to execute remedial works.

Housing Act, 1957. Section 16.

No formal undertakings to execute remedial works to render a house fit for human habitation were received during the year. None are outstanding on the Register of Local Land Charges.

Demolition Orders.

Housing Act, 1957. Section 16.

No demolition orders were made. There are no such orders outstanding on your local land charges register.

Clearance Areas.

Housing Act, 1957. Section 42.

There have been no clearance area actions since the 1939-45 war.

A comparable achievement was effected during 1968, when the block of seven derelict cottages in Holme Street were cleared away to make room for a much needed redevelopment with a new Old People's Home.

Improvement Grants.

During the year 1 standard grant was made for the improvement of houses, making a total of 65 since the commencement of the scheme. 27 discretionary grants were also made during the year. This makes a total of 79 discretionary grants issued for the improvement and conversion of properties since 1954.

Improvement Areas.

One area was declared, with 24 dwellings, at Thanet Terrace. The improvement had not been completed by the year end.

Verminous Houses.

The average standard of cleanliness is high and no action was necessary during the year.

Nuisances re Dwellings.

Informal action was necessary in three cases. No statutory Notices were served.

Dangerous Buildings.

No action during the year.

Caravans and Camping.

3 caravan site licences were in force during the year for individual vans.

Camping periods of not more than four days each occur twice a year by the staff of travelling fairground and shows which park and operate in the Butts, where public conveniences for both sexes serve the sanitary requirements.

Appleby Fair.

A much more colourful invasion of caravans occurs each June, at what is known as Appleby New Fair, or Appleby Horse Fair, when hundreds of gypsies, general dealers, and horse traders, come to the town. It was estimated that about 3,000 people attended this year's meeting.

This ancient customary fair is supposed to be restricted to two days around the second Wednesday in June, but in practice it extends a lot longer, maybe to a week or ten days. Although horse trading still goes on, most of the caravans are nowadays luxury models towed by cars and trucks.

Control of this fair has always been difficult. In recent years the policy has been to contain all the caravans within the boundary of the Fair Hill. There was excellent co-operation between Romany leaders, Appleby Borough Council, North Westmorland Rural District Council, Westmorland County Council and the Cumbria Constabulary.

A good water supply was made available, refuse collection was efficient, and the latrine arrangements were improved. These good measures helped to safeguard the public health for both the visitors and the local residents. Further improvements are still being sought.

Swimming Pool.

This was completed in August 1959 and is an asset to the town. It is an uncovered open-air bath filled with fresh water from the public mains, recirculated with constant filtration and aeration as well as being chlorinated, so that the water is being continuously changed and purified. Informal samples of water taken for bacteriological examination were excellent. Changing accommodation, footbaths and disinfection were well maintained. The installation of a heating plant and new filtration equipment was completed during 1968. Improvements to the accommodation have been carried out since then.

WATER.

The public water supply is adequate in quantity for the normal domestic supplies and industrial calls of the Borough, and is provided under the administration of the Eden Water Board. I record my appreciation of the help and liaison maintained by the officers of the Board.

The local source of supply is at the foot of the Pennines from the natural springs at Bank Wood in the Parish of Hilton. These springs arise near the junction of St. Bees sandstone and the red shale strata and apparently have a deep source. Their yield is remarkably constant throughout the year. The water is quite soft, and is suitable for all domestic purposes. It is sterilised with chlorine near the source as an extra safeguard, and regularly tested for purity. Some test results are set out in Appendix A to this report.

Additional water can be supplied from the North Westmorland East Regional System at Burrells, which is connected into the Appleby mains system at Scattergate Green. The Express Dairy also has a private water supply from a deep borehole, but it is rather hard water. So the overall picture is that there is enough water available locally to meet all domestic demands.

SEWERAGE.

The Borough is well equipped with water closets, 829 houses out of a total of 834 have either one or more although a number of houses share a common convenience with neighbours. The majority of the closets are connected to the main sewers, only 5 being served by cesspits or septic tanks.

The main sewer crosses the river near the Butts by an inverted siphon and thence flows through a brick-lined tunnel for 440 yards under Bela Wood to the river bank at St. Nicholas Wood, whence it is piped for the remaining 320 yards to the disposal plant. Consideration is now being given to a major extension of the sewage disposal works. This has become necessary because of increases in both domestic and trade effluents.

Reconstruction of the sewers in Bongate, the Sands, the Butts and Chapel Street, was completed during 1972.

PUBLIC CLEANSING.

Refuse is collected weekly by kerbside collection for most households, but bins are collected from the houses of elderly people. Trade refuse is collected at an agreed scale of charges: and the tip is available for private disposal under the Civil Amenities Act.

Disposal of refuse is by tipping at Gallows Hill, controlled as far as labour and covering materials permit.

Street cleansing is carried out systematically daily in the town centre and as often as necessary on the district and country roads.

FOOD HYGIENE

Under the Food and Drugs Act, 1955 and the Orders and Regulations made thereunder, the Borough has the duty of carrying out specific responsibilities in the registration of certain food premises, in the supervision of milk and dairies, and in the wide field of protection of its citizens from food-borne diseases. The County Council are responsible for detecting the adulteration of foodstuffs and the supervision of the sale of drugs.

Registration of Ice-cream Premises.

There is one registration for the manufacture and sale of ice-cream and 12 registrations for storage and sale only.

Registration of Prepared Meat Premises.

At the year end registrations of sausage manufactories and potted, preserved and pressed meat, and pickled food preparing premises under Section 16 of the Food and Drugs Act, 1955 were approved in respect of 3 premises.

There are no egg pasteurisation plants in the Borough: no samples of liquid egg were taken for the alpha-amylase test. No difficulties were encountered.

There are no poultry processing premises within the Borough.

Registration of Dairies and Dairymen.

Your Council is responsible for the supervision of milk distributors and dairies which are not dairy farms. Your registrations at the end of the year were:—

Distributors	3
Dairies	3

Precautions against Contamination of Food.

Periodical inspection of food premises has been carried out and informal action taken when necessary. Proposals have been made for raising the standard of cleanliness and general hygiene in these places. I am confident that traders are anxious to achieve a very high level of hygiene in their premises.

The Secretary of State has called for the following special information in this year's report:—

Category of Premises	Number of Premises	Number fitted to comply with Reg. 16	Number to which Reg. 19 applies	Number fitted to comply with Reg. 19
Provision Merchants and General ..	8	8	8	8
Butcher and Slaughterhouse	2	2	2	2
Hotels and P. Houses Clubs	15	14	15	15
Cafes and Fish Fry-ing	8	8	8	8
Fruiterers	3	3	3	3
Bakers' Shops ..	3	3	3	3
Bakeries	1	1	1	1
Miscellaneous ..	6	6	6	6

Slaughterhouse.

One slaughterhouse is on annual licence by your Council. It was renovated and enlarged during 1969 to comply with current legal standards. It is well maintained.

Condemnation of Meat at the Slaughterhouse

Food and Drugs Act, 1955.

The following is a summary of the carcasses inspected and condemned in whole or in part:—

	Cattle excluding Cows	Calves	Sheep and Lambs	Pigs
Number killed (if known)	275	—	980	69
Number inspected ..	275	—	980	65
<i>All diseases except Tuberculosis and Cysticerci:</i>				
Whole carcasses condemned	—	—		—
Carcasses of which some part or organ was condemned	13	—	32	4
Percentage of number inspected affected with disease other than tuberculosis and cysticerci	4.7%	—	3.4%	5.8%
<i>Tuberculosis only:</i>				
Whole carcasses condemned	—	—	—	—
Carcasses of which some part or organ was condemned	—	—	—	—
Percentage of number inspected affected with tuberculosis ..	—	—	—	
<i>Cysticercosis:</i>				
Carcasses of which some part or organ was condemned	—	—	—	—
Carcasses submitted to treatment by refrigeration	—	—	—	—
Generalised and totally condemned	—	—	—	—

Milk-borne Diseases.

No epidemics of milk-borne diseases occurred during the year, and no action was required to stop any milk supplies or restrict the activities of milk handlers under the Milk and Dairies Regulations.

Samples of milk are taken regularly by various Authorities for the control of quality and safety. The Public Health Laboratories send me copies of all test results, so that I may take all necessary action for safeguarding the public health of the consumers of retail milk.

During the year 16 samples of the milk were examined in this way for brucellosis. None was found.

Condemnation of Foodstuffs.

Various foodstuffs in retail shops were condemned during the year as unfit for human consumption. Disposal is by burial at the Council's refuse tip.

GENERAL SANITARY INSPECTION.

The duties of public health inspection have satisfactorily reverted to the earlier pattern of combining them with those of the Building Surveyor in a single joint appointment. I record my sincere appreciation of his work and help.

Offensive Trades.

There are no offensive trades within the meaning of the Act carried on in the Borough.

Factories.

There is 1 factory in which Sections 1, 2, 3, 4 and 6 of the Factories Act, 1961, is the responsibility of the Borough Council and 11 in which Section 7 is enforced. Three inspections were made and in no case was it necessary to issue a written notice.

No prosecutions were required.

Factory Inspections.

Premises	Number of Premises	Number of		
		Inspections	Written Notices	Occupiers prosecuted
Factories in which Sections 1, 2, 3, 4 and 6 are to be enforced by Local Authorities ..	1	1	—	—
Factories not included in (1), in which Section 7 is enforced by Local Authority	11	2	—	—
Other premises in which Section 7 is enforced by the Local Authority (excluding out-workers' premises)	—	—	—	—
Total	12	3	—	—

No defects were found.

Offices and Shops.

The Offices, Shops and Railway Premises Act, 1963 makes provision for the safety, health and welfare of people employed in these premises. 49 visits were made during the year.

Type of Premises	Registered at year end	Inspected during year	Persons Employed
Offices	6	3	22
Retail Shops	18	15	74
Wholesale Shops and Warehouses ..	4	1	10
Catering establishments open to public, canteens	4	4	9
Total	32	23	115

Six written notices and no verbal notices were served for twenty-one contraventions discovered.

Common Lodging Houses.

There were no common lodging houses within the Borough.

Rent Restriction.

No application for a certificate of disrepair was received under the Housing Repair and Rents Act 1954. There were no applications for Qualification Certificates but two were granted from last year when repairs were completed.

Clean Air.

No action was required.

Boarding Kennels.

There were none in the Borough.

Pests.

Rat poisoning treatments have been given in the sewers and the refuse tip during the year. Inspection of other premises has been made when required and treatment given.

Compulsory Removal.

No action was required under Section 47 *National Assistance Act*, 1948, for the removal to suitable premises of persons in need of care and attention. One case was under consideration.

Public Mortuary and Post-mortem Room.

Your Council share with North Westmorland R.D.C. and Westmorland County Council, some premises in Appleby which have long been used as a public mortuary.

Your two County Councils are responsible for operating and maintaining it: the Westmorland County Council merely retain a share in the bricks and mortar.

I believe that public mortuaries should be conducted with a very high standard of cleanliness, decency and reverence.

Laboratory Services.

Satisfactory bacteriological laboratory facilities were available at Carlisle Laboratory for all public health purposes. I am grateful for such help.

APPENDIX A **Laboratory Examination of Public Water Supplies.**

Nature of Test					Head Works	Town's Main
Pr. coli count	0	0
Faecal coli-strep.		
Date last sampled	6/12/72	6/12/72
Character	Clear	Clear
Reaction	6.7	6.7
Ammonical Nitrogen		003	trace
Albuminoid Nitrogen		037	.01
Total Solids	100	115
Hardness	{ Total		76	95
	{ Carbonate		45	25
	{ Non Carbonate		31	15
Chlorides	10	11
Nitrates	1.22	.9
Nitrites	—	—
O.2 Absorbed18	.1
Heavy Metals	n/a	—
Rainfall 24 hours		Nil	—
Date Sampled	23/3/49	19/5/71
Laboratory	Darlington	Newcastle

Chemical analyses expressed in parts per million.

